



1. Slide back with the left leg making a back stance.
2. Execute a front snap kick to the stomach and immediately follow with a jump front kick to the face (without putting the foot down..





1. Chamber both hands to the right hip.



2. Step with left foot making front stance. Simultaneously execute a left side block and a right palm strike to the chin.



3. Execute a left elbow strike to the ribs.



4. Follow with a left back fist to the right temple.



1. Slide the left foot into a riding stance while executing a right knife hand side block.



2. Grab the wrist.



3. Pivot into a right front stance while executing a left palm strike to the elbow.



4. Step in front with the left foot while pressing on the elbow and pulling the wrist.



5. Continue the motion into a takedown.



6. Finish with a heel kick to the head.



1. Left foot step into a front stance while executing a left side block.



2. Follow with a right punch to the solar plexus.



3. Execute a right leg front round house kick to the head.



4. Step down behind the opponent's front leg while grabbing his shoulder.



5. Sweep the leg making a take down.



6. Finish with a heel kick to the head.



1. Step to the left making a left walking stance while executing a right knife hand block.



2. Make a right front round house kick to the inner knee or thigh.



3. Without dropping the foot, make a second front round house kick to the chest or face.



4. Without dropping the foot, make a side kick to the lower abdomen.



1. Step forward with the right foot making a back stance and right knife hand front block.



2. Recoil the right hand for a knife hand strike.



3. Execute a right knife hand strike to the neck.



4. Chamber the right leg for a side kick.



5. Execute a right side kick to the face.